

NUTRITIONALS HANDBOOK



The below nutritional information for our menu is provided as a guide. All our dishes are finished by hand, therefore these are approximate values only.

Name of Delivery Pizza	Number of Slices Per Pizza	Energy per Slice (kJ)	Energy per Slice (kcal)	Protein per Slice (g)	Carbohydrate per Slice (g)	Sugar per Slice (g)	Fat per Slice (g)	Saturated Fat per Slice (g)	Salt per Slice (g)
Margherita									
Small Classic	6	633	151	6.4	19.3	1.1	5.4	2.3	0.48
Small Classic (No Garlic Sprinkle)	6	630	150	6.3	19.2	1.1	5.4	2.3	0.46
Medium Classic	8	668	160	7.0	19.2	1.2	6.1	2.7	0.55
Medium Classic (No Garlic Sprinkle)	8	662	158	7.0	19.1	1.2	6.0	2.7	0.51
Large Classic	10	782	187	8.3	22.4	1.6	7.2	3.3	0.66
Large Classic (No Garlic Sprinkle)	10	774	185	8.2	22.1	1.6	7.1	3.2	0.60
Large Pan	10	947	226	9.3	24.7	1.5	9.9	4.0	0.86
Large Stuffed Crust	10	1027	245	11.5	28.0	1.3	9.5	4.9	0.97
Large Nacho Cheese Flavoured Stuffed Crust	10	1027	245	11.5	28.0	1.4	9.5	4.8	0.97
Gluten Free	8	561	134	4.3	15.4	1.6	5.8	2.5	0.53
Farmhouse									
Small Classic	6	595	142	6.2	19.2	1.0	4.5	1.7	0.52
Small Classic (No Garlic Sprinkle)	6	592	141	6.2	19.1	1.0	4.5	1.7	0.50
Medium Classic	8	625	149	6.9	19.2	1.1	5.0	2.0	0.64
Medium Classic (No Garlic Sprinkle)	8	618	148	6.9	19.0	1.1	4.9	2.0	0.59
Large Classic	10	730	174	8.2	22.3	1.5	5.8	2.4	0.76
Large Classic (No Garlic Sprinkle)	10	721	172	8.1	22.1	1.5	5.8	2.4	0.70
Large Pan	10	878	210	9.4	24.6	1.2	8.3	3.0	0.63
Large Stuffed Crust	10	975	233	11.4	27.9	1.2	8.2	4.1	1.07
Large Nacho Cheese Flavoured Stuffed Crust	10	975	233	11.4	27.9	1.3	8.2	3.9	1.07
Gluten Free	8	518	124	4.2	15.4	1.5	4.7	1.8	0.61

NUTRITIONALS HANDBOOK



Name of Delivery Pizza	Number of Slices Per Pizza	Energy per Slice (kJ)	Energy per Slice (kcal)	Protein per Slice (g)	Carbohydrate per Slice (g)	Sugar per Slice (g)	Fat per Slice (g)	Saturated Fat per Slice (g)	Salt per Slice (g)
Hawaiian									
Small Classic	6	604	144	6.1	19.8	1.6	4.5	1.7	0.52
Small Classic (No Garlic Sprinkle)	6	601	143	6.1	19.8	1.6	4.5	1.7	0.50
Medium Classic	8	634	151	6.9	19.8	1.7	5.0	2.0	0.64
Medium Classic (No Garlic Sprinkle)	8	627	150	6.8	19.6	1.7	4.9	2.0	0.59
Large Classic	10	737	176	8.1	23.1	2.3	5.7	2.4	0.76
Large Classic (No Garlic Sprinkle)	10	729	174	8.0	22.8	2.2	5.6	2.4	0.70
Large Pan	10	888	212	8.8	25.3	1.9	8.3	3.0	0.90
Large Stuffed Crust	10	985	235	11.3	28.7	1.9	8.2	4.1	1.06
Large Nacho Cheese Flavoured Stuffed Crust	10	985	235	11.3	28.7	2.0	8.2	3.9	1.07
Gluten Free	8	527	126	4.2	16.0	2.1	4.7	1.8	0.61
Veggie Supreme									
Small Classic	6	592	141	5.7	19.9	1.7	4.4	1.7	0.41
Small Classic (No Garlic Sprinkle)	6	589	141	5.7	19.8	1.7	4.4	1.7	0.39
Medium Classic	8	614	146	6.1	19.8	1.8	4.8	2.0	0.47
Medium Classic (No Garlic Sprinkle)	8	607	145	6.1	19.6	1.8	4.7	1.9	0.42
Large Classic	10	716	171	7.2	23.0	2.3	5.6	2.3	0.56
Large Classic (No Garlic Sprinkle)	10	708	169	7.1	22.8	2.3	5.5	2.3	0.50
Large Pan	10	864	206	7.9	25.3	1.9	8.1	2.9	0.70
Large Stuffed Crust	10	961	229	10.4	28.6	2.0	8.0	4.0	0.86
Large Nacho Cheese Flavoured Stuffed Crust	10	1044	249	10.6	25.9	2.1	11.3	4.7	0.92
Gluten Free	8	507	121	3.4	16.0	2.1	4.6	1.8	0.44

NUTRITIONALS HANDBOOK



Name of Delivery Pizza	Number of Slices Per Pizza	Energy per Slice (kJ)	Energy per Slice (kcal)	Protein per Slice (g)	Carbohydrate per Slice (g)	Sugar per Slice (g)	Fat per Slice (g)	Saturated Fat per Slice (g)	Salt per Slice (g)
Veggie Sizzler									
Small Classic	6	592	141	5.6	19.9	1.6	4.4	1.7	0.48
Small Classic (No Garlic Sprinkle)	6	589	141	5.6	19.8	1.6	4.4	1.7	0.46
Medium Classic	8	598	143	6.1	19.9	1.7	4.4	1.8	0.56
Medium Classic (No Garlic Sprinkle)	8	591	141	6.0	19.8	1.7	4.3	1.8	0.51
Large Classic	10	716	171	7.1	23.1	2.2	5.6	2.3	0.65
Large Classic (No Garlic Sprinkle)	10	701	167	7.1	22.9	2.2	5.4	2.3	0.59
Large Pan	10	864	206	7.8	25.4	1.8	8.1	2.9	0.80
Large Stuffed Crust	10	961	229	10.3	28.7	1.9	8.0	4.0	0.95
Large Nacho Cheese Flavoured Stuffed Crust	10	961	229	10.3	28.7	2.0	8.0	3.9	0.96
Gluten Free	8	508	121	3.4	16.1	2.1	4.6	1.8	0.53
Chicken Sizzler									
Small Classic	6	614	147	6.9	19.8	1.5	4.5	1.7	0.51
Small Classic (No Garlic Sprinkle)	6	611	146	6.9	19.7	1.4	4.5	1.7	0.49
Medium Classic	8	648	155	7.6	19.9	1.6	5.0	2.0	0.60
Medium Classic (No Garlic Sprinkle)	8	642	153	7.6	19.7	1.6	5.0	2.0	0.55
Large Classic	10	746	178	8.8	23.0	2.1	5.7	2.4	0.69
Large Classic (No Garlic Sprinkle)	10	737	176	8.7	22.8	2.1	5.6	2.3	0.63
Large Pan	10	910	217	10.0	25.6	1.9	8.2	3.0	0.89
Large Stuffed Crust	10	991	237	11.9	28.6	1.7	8.1	4.0	1.00
Large Nacho Cheese Flavoured Stuffed Crust	10	992	237	11.9	28.6	1.8	8.1	3.9	1.00
Gluten Free	8	568	136	5.0	17.4	2.0	4.8	1.8	0.59

NUTRITIONALS HANDBOOK



Name of Delivery Pizza	Number of Slices Per Pizza	Energy per Slice (kJ)	Energy per Slice (kcal)	Protein per Slice (g)	Carbohydrate per Slice (g)	Sugar per Slice (g)	Fat per Slice (g)	Saturated Fat per Slice (g)	Salt per Slice (g)
Beef Sizzler									
Small Classic	6	637	152	6.4	20.0	1.5	5.3	2.0	0.55
Small Classic (No Garlic Sprinkle)	6	634	151	6.4	19.9	1.5	5.2	2.0	0.53
Medium Classic	8	677	162	7.0	20.1	1.6	6.0	2.4	0.65
Medium Classic (No Garlic Sprinkle)	8	671	160	7.0	19.9	1.6	5.9	2.4	0.60
Large Classic	10	776	185	8.1	23.3	2.1	6.7	2.8	0.75
Large Classic (No Garlic Sprinkle)	10	768	183	8.0	23.0	2.1	6.6	2.8	0.69
Large Pan	10	929	222	8.9	25.8	1.9	9.2	3.4	0.93
Large Stuffed Crust	10	1021	244	11.3	28.9	1.8	9.1	4.5	1.05
Large Nacho Cheese Flavoured Stuffed Crust	10	1021	244	11.3	28.9	1.9	9.1	4.3	1.05
Gluten Free	8	615	147	4.7	17.7	2.1	6.1	2.4	0.67
Texan BBQ									
Small Classic	6	692	165	8.4	20.1	1.9	5.7	2.1	0.66
Small Classic (No Garlic Sprinkle)	6	689	164	8.4	20.0	1.9	5.6	2.1	0.64
Medium Classic	8	720	172	9.1	20.1	2.0	6.1	2.4	0.73
Medium Classic (No Garlic Sprinkle)	8	714	170	9.1	20.0	2.0	6.0	2.4	0.68
Large Classic	10	831	198	10.2	23.8	2.9	6.9	2.8	0.86
Large Classic (No Garlic Sprinkle)	10	823	196	10.1	23.6	2.9	6.8	2.8	0.80
Large Pan	10	979	234	10.9	26.1	2.6	9.3	3.4	1.01
Large Stuffed Crust	10	1076	257	13.4	29.4	2.6	9.2	4.4	1.16
Large Nacho Cheese Flavoured Stuffed Crust	10	1076	257	13.4	29.4	2.7	9.2	4.3	1.16
Gluten Free	8	613	146	6.4	16.3	2.4	5.8	2.2	0.70

NUTRITIONALS HANDBOOK



Name of Delivery Pizza	Number of Slices Per Pizza	Energy per Slice (kJ)	Energy per Slice (kcal)	Protein per Slice (g)	Carbohydrate per Slice (g)	Sugar per Slice (g)	Fat per Slice (g)	Saturated Fat per Slice (g)	Salt per Slice (g)
Pepperoni Feast									
Small Classic	6	732	175	7.3	19.3	1.1	7.6	3.2	0.64
Small Classic (No Garlic Sprinkle)	6	729	174	7.3	19.2	1.1	7.6	3.2	0.62
Medium Classic	8	817	195	8.4	19.3	1.2	12.5	4.1	0.79
Medium Classic (No Garlic Sprinkle)	8	810	193	8.3	19.1	1.2	12.4	4.0	0.75
Large Classic	10	978	234	10.1	22.5	1.6	11.5	5.0	0.98
Large Classic (No Garlic Sprinkle)	10	970	232	10.0	22.2	1.6	11.4	5.0	0.92
Large Pan	10	1041	248	11.1	25.0	1.5	14.3	5.8	1.17
Large Stuffed Crust	10	1223	292	13.3	28.1	1.3	13.9	6.7	1.28
Large Nacho Cheese Flavoured Stuffed Crust	10	1223	292	13.3	28.1	1.4	13.9	6.5	1.28
Gluten Free	8	725	173	5.8	15.5	1.6	9.5	4.0	0.79
The Meaty One									
Small Classic	6	793	189	9.8	19.7	1.2	8.0	3.1	0.74
Small Classic (No Garlic Sprinkle)	6	790	189	9.7	19.6	1.2	8.0	3.1	0.72
Medium Classic	8	869	207	11.1	19.8	1.4	9.4	3.8	0.88
Medium Classic (No Garlic Sprinkle)	8	863	206	11.1	19.6	1.4	9.3	3.7	0.83
Large Classic	10	998	238	12.5	22.9	1.8	10.8	4.4	1.02
Large Classic (No Garlic Sprinkle)	10	990	236	12.5	22.7	1.8	10.7	4.4	0.96
Large Pan	10	1146	274	13.3	25.2	1.4	13.3	4.9	1.17
Large Stuffed Crust	10	1168	279	15.5	25.7	1.4	12.6	6.0	1.33
Large Nacho Cheese Flavoured Stuffed Crust	10	1168	279	15.5	25.7	1.5	12.6	5.9	1.33
Gluten Free	8	770	184	8.5	16.0	1.7	9.3	3.6	0.86

NUTRITIONALS HANDBOOK



Name of Delivery Pizza	Number of Slices Per Pizza	Energy per Slice (kJ)	Energy per Slice (kcal)	Protein per Slice (g)	Carbohydrate per Slice (g)	Sugar per Slice (g)	Fat per Slice (g)	Saturated Fat per Slice (g)	Salt per Slice (g)
Meat Feast									
Small Classic	6	747	178	8.3	19.8	1.2	7.4	2.9	0.74
Small Classic (No Garlic Sprinkle)	6	744	178	8.3	19.7	1.2	7.4	2.9	0.72
Medium Classic	8	825	197	9.7	19.9	1.4	8.9	3.6	0.93
Medium Classic (No Garlic Sprinkle)	8	819	196	9.6	19.7	1.3	8.8	3.6	0.88
Large Classic	10	949	226	11.1	23.0	1.8	10.1	4.1	1.08
Large Classic (No Garlic Sprinkle)	10	941	224	11.1	22.8	1.7	10.0	4.1	1.02
Large Pan	10	1099	262	11.9	25.3	1.6	12.6	4.7	1.25
Large Stuffed Crust	10	1194	285	14.3	28.6	1.4	12.5	5.8	1.38
Large Nacho Cheese Flavoured Stuffed Crust	10	1194	285	14.3	28.6	1.5	12.5	5.7	1.39
Gluten Free	8	726	173	7.1	16.1	1.7	8.8	3.4	0.91
BBQ Meat Feast									
Small Classic	6	764	182	8.3	20.7	2.0	7.4	2.9	0.80
Small Classic (No Garlic Sprinkle)	6	761	182	8.3	20.6	2.0	7.4	2.9	0.78
Medium Classic	8	844	201	9.7	20.9	2.2	8.9	3.6	0.99
Medium Classic (No Garlic Sprinkle)	8	838	200	9.6	20.7	2.2	8.8	3.5	0.94
Large Classic	10	979	234	11.1	24.7	3.1	10.1	4.1	1.18
Large Classic (No Garlic Sprinkle)	10	970	232	11.0	24.4	3.1	10.0	4.1	1.12
Large Pan	10	1127	269	11.8	26.9	2.8	12.6	4.7	1.33
Large Stuffed Crust	10	1224	292	14.3	30.3	2.8	12.5	5.8	1.48
Large Nacho Cheese Flavoured Stuffed Crust	10	1224	292	14.3	30.3	2.9	12.5	5.7	1.48
Gluten Free	8	737	176	7.0	17.1	2.5	8.6	3.4	0.96

NUTRITIONALS HANDBOOK



Name of Delivery Pizza	Number of Slices Per Pizza	Energy per Slice (kJ)	Energy per Slice (kcal)	Protein per Slice (g)	Carbohydrate per Slice (g)	Sugar per Slice (g)	Fat per Slice (g)	Saturated Fat per Slice (g)	Salt per Slice (g)
Chicken Supreme									
Small Classic	6	606	145	6.8	19.4	1.2	4.5	1.7	0.44
Small Classic (No Garlic Sprinkle)	6	604	144	6.8	19.3	1.2	4.4	1.8	0.42
Medium Classic	8	635	151	7.6	19.3	1.4	4.9	2.0	0.51
Medium Classic (No Garlic Sprinkle)	8	628	150	7.5	19.2	1.4	4.8	2.0	0.47
Large Classic	10	737	176	8.7	22.5	1.8	5.7	2.4	0.60
Large Classic (No Garlic Sprinkle)	10	729	174	8.6	22.3	1.8	5.6	2.3	0.54
Large Pan	10	885	211	9.2	24.8	1.5	8.2	2.9	0.76
Large Stuffed Crust	10	982	234	11.9	28.1	1.5	8.1	4.0	0.91
Large Nacho Cheese Flavoured Stuffed Crust	10	982	234	11.9	28.1	1.6	8.1	3.9	0.91
Gluten Free	8	528	126	4.9	15.5	1.7	4.6	1.8	0.48
Supreme									
Small Classic	6	724	173	7.4	19.8	1.4	7.2	2.8	0.62
Small Classic (No Garlic Sprinkle)	6	721	172	7.4	19.8	1.4	7.1	2.8	0.60
Medium Classic	8	743	177	7.9	19.8	1.5	7.5	3.0	0.67
Medium Classic (No Garlic Sprinkle)	8	737	176	7.8	19.6	1.5	7.4	3.0	0.63
Large Classic	10	875	209	9.3	23.0	2.0	9.0	3.7	0.81
Large Classic (No Garlic Sprinkle)	10	867	207	9.2	22.8	2.0	8.9	3.6	0.75
Large Pan	10	1023	244	10.0	25.3	1.6	11.4	4.2	0.96
Large Stuffed Crust	10	1120	267	12.5	28.6	1.6	11.3	5.3	1.11
Large Nacho Cheese Flavoured Stuffed Crust	10	1120	267	12.5	28.6	1.7	11.3	5.2	1.11
Gluten Free	8	636	152	5.2	16.0	1.9	7.2	2.8	0.64
KFC Pizza									
Large Classic Crust	10	826	197	8.7	25.2	0.9	6.9	2.4	0.86
Large Classic Crust (No Garlic Sprinkle)	10	818	195	8.7	24.9	0.9	6.8	2.4	0.80
Large Classic Crust (No Sweetcorn)	10	807	193	8.6	24.4	0.7	6.8	2.3	0.86
Large Classic Crust (No Garlic Sprinkle & Sweetcorn)	10	799	191	8.5	24.1	0.7	6.7	2.3	0.80

NUTRITIONALS HANDBOOK



Name of Delivery Pizza	Number of Slices Per Pizza	Energy per Slice (kJ)	Energy per Slice (kcal)	Protein per Slice (g)	Carbohydrate per Slice (g)	Sugar per Slice (g)	Fat per Slice (g)	Saturated Fat per Slice (g)	Salt per Slice (g)
Chicken Fajita Pizza									
Small Classic	6	660	158	7.3	20.1	1.6	5.4	2.1	0.65
Small Classic (No Jalapenos)	6	659	157	7.3	20.0	1.6	5.4	2.1	0.55
Small Classic (No Garlic Sprinkle & No Jalapenos)	6	654	156	7.2	19.9	1.6	5.3	2.1	0.51
Small Classic (No Garlic Sprinkle)	6	660	158	7.3	20.1	1.6	5.4	2.1	0.65
Medium Classic	8	794	190	8.9	23.6	1.9	6.7	2.7	0.83
Medium Classic (No Jalapenos)	8	793	189	8.8	23.6	1.9	6.7	2.7	0.70
Medium Classic (No Garlic Sprinkle)	8	784	187	8.8	23.3	1.9	6.6	2.7	0.76
Medium Classic (No Garlic Sprinkles & No Jalapenos)	8	782	187	8.8	23.3	1.9	6.5	2.7	0.63
Large Classic Crust	10	878	209	9.9	26.0	2.3	7.4	3.2	0.91
Large Classic Crust (No Garlic Sprinkle)	10	868	207	9.8	25.7	2.3	7.3	3.1	0.84
Large Classic Crust (No Jalapenos)	10	876	209	9.9	26.0	2.3	7.4	3.2	0.78
Large Classic Crust (No Jalapenos & Garlic Sprinkle)	10	866	207	9.8	25.7	2.3	7.3	3.1	0.71
Large Pan	10	1019	243	10.1	25.4	2.0	11.1	4.0	1.04
Large Pan (No Jalapenos)	10	1018	243	10.1	25.4	2.0	11.1	4.0	0.90
Large Stuffed Crust	10	1058	252	12.6	28.8	1.9	9.5	4.9	1.17
Large Stuffed Crust (NoJalapenos)	10	1056	252	12.5	28.8	1.9	9.5	4.9	1.03
Large Nacho Cheese Flavoured Stuffed Crust	10	1058	252	12.6	28.8	2.0	9.5	4.7	1.17
Large Nacho Cheese Flavoured Stuffed Crust (No Jalapenos)	10	1056	252	12.5	28.8	2.0	9.5	4.7	1.03

NUTRITIONALS HANDBOOK



Name of Delivery Pizza	Number of Slices Per Pizza	Energy per Slice (kJ)	Energy per Slice (kcal)	Protein per Slice (g)	Carbohydrate per Slice (g)	Sugar per Slice (g)	Fat per Slice (g)	Saturated Fat per Slice (g)	Salt per Slice (g)
Filthy Steak Fajita Pizza									
Small Classic	6	647	154	6.9	20.0	1.7	5.3	2.2	0.69
Small Classic (No Jalapenos)	6	646	154	6.9	19.9	1.7	5.2	2.2	0.59
Small Classic (No Garlic Sprinkle & No Jalapenos)	6	640	153	6.9	19.8	1.7	5.2	2.1	0.56
Small Classic (No Garlic Sprinkle)	6	641	153	6.9	19.8	1.7	5.2	2.2	0.66
Medium Classic	8	777	186	8.4	23.5	2.0	6.5	2.8	0.88
Medium Classic (No Jalapenos)	8	776	185	8.4	23.5	2.0	6.5	2.8	0.75
Medium Classic (No Garlic Sprinkle)	8	767	183	8.4	23.2	2.0	6.4	2.8	0.81
Medium Classic (No Garlic Sprinkles & No Jalapenos)	8	765	183	8.3	23.2	2.0	6.4	2.8	0.67
Large Classic Crust	10	861	206	9.5	25.9	2.4	7.2	3.3	0.96
Large Classic Crust (No Garlic Sprinkle)	10	851	203	9.4	25.6	2.4	7.1	3.2	0.89
Large Classic Crust (No Jalapenos)	10	860	205	9.5	25.9	2.4	7.2	3.2	0.83
Large Classic Crust (No Jalapenos & No Garlic Sprinkle)	10	850	203	9.4	25.6	2.4	7.1	3.2	0.76
Large Pan	10	1003	239	9.7	25.3	2.2	10.9	4.1	1.08
Large Pan (No Jalapenos)	10	1001	239	9.7	25.3	2.2	10.9	4.1	0.95
Large Stuffed Crust	10	1041	248	12.1	28.6	1.9	9.3	5.0	1.22
Large Stuffed Crust (No Jalapenos)	10	1039	248	12.1	28.6	1.9	9.3	4.9	1.08
Large Nacho Cheese Flavoured Stuffed Crust	10	1041	248	12.1	28.6	2.0	9.3	4.8	1.22
Large Nacho Cheese Flavoured Stuffed Crust (No Jalapenos)	10	1039	248	12.1	28.6	2.0	9.3	4.8	1.08
Loaded Chicken Supreme									
Small Classic	6	707	169	8.8	20.0	1.5	6.0	2.7	0.60
Small Classic (No Garlic Sprinkle)	6	696	166	8.7	19.7	1.5	5.9	2.6	0.52
Medium Classic	8	739	176	9.5	19.7	1.6	6.6	3.2	0.61
Medium Classic (No Garlic Sprinkle)	8	733	175	9.5	19.5	1.6	6.6	3.1	0.57
Large Classic	10	858	205	10.9	22.9	2.0	7.8	3.8	0.73
Large Classic (No Garlic Sprinkle)	10	849	203	10.8	22.7	2.0	7.7	3.7	0.67
Large Pan	10	1027	245	11.9	25.2	1.7	10.6	4.6	0.90
Large Stuffed Crust	10	1103	263	14.1	28.5	1.7	10.1	5.4	1.03
Large Nacho Cheese Flavoured Stuffed Crust	10	1103	263	14.1	28.5	1.8	10.1	5.3	1.03
Gluten Free	8	632	151	6.8	15.9	1.9	6.4	3.0	0.59

NUTRITIONALS HANDBOOK



Name of Delivery Pizza	Number of Slices Per Pizza	Energy per Slice (kJ)	Energy per Slice (kcal)	Protein per Slice (g)	Carbohydrate per Slice (g)	Sugar per Slice (g)	Fat per Slice (g)	Saturated Fat per Slice (g)	Salt per Slice (g)
Loaded Margherita									
Small Classic	6	719	172	7.5	19.6	1.1	7.1	3.5	0.59
Small Classic (No Garlic Sprinkle)	6	711	170	7.4	19.3	1.1	7.0	3.5	0.53
Medium Classic	8	769	184	8.4	19.4	1.2	8.1	4.2	0.64
Medium Classic (No Garlic Sprinkle)	8	763	182	8.3	19.2	1.2	8.0	4.2	0.60
Large Classic	10	903	216	9.9	22.6	1.6	9.6	5.1	0.77
Large Classic (No Garlic Sprinkle)	10	895	214	9.8	22.3	1.6	9.5	5.1	0.71
Large Pan	10	1095	261	11.2	24.9	1.4	12.8	6.2	0.98
Large Stuffed Crust	10	1148	274	13.1	28.2	1.2	11.9	6.7	1.07
Large Nacho Cheese Flavoured Stuffed Crust	10	1148	274	13.1	28.2	1.4	11.9	6.6	1.07
Gluten Free	8	662	158	5.7	15.6	1.5	7.8	4.1	0.61
Loaded Hawiian									
Small Classic	6	709	169	8.0	20.7	2.1	6.1	2.7	0.77
Small Classic (No Garlic Sprinkle)	6	700	167	7.9	20.5	2.1	6.0	2.7	0.71
Medium Classic	8	743	177	8.7	20.5	2.1	6.8	3.2	0.83
Medium Classic (No Garlic Sprinkle)	8	737	176	8.7	20.3	2.1	6.7	3.2	0.78
Large Classic	10	861	206	10.1	23.8	2.7	7.8	3.8	0.95
Large Classic (No Garlic Sprinkle)	10	853	204	10.0	23.6	2.7	7.7	3.8	0.89
Large Pan	10	1034	247	11.1	26.1	2.4	10.8	4.7	1.13
Large Stuffed Crust	10	1110	265	13.3	29.4	2.4	10.3	5.5	1.25
Large Nacho Cheese Flavoured Stuffed Crust	10	1110	265	13.3	29.4	2.5	10.3	5.4	1.26
Gluten Free	8	577	138	5.6	15.8	2.1	5.5	2.6	0.68

NUTRITIONALS HANDBOOK



Name of Delivery Pizza	Number of Slices Per Pizza	Energy per Slice (kJ)	Energy per Slice (kcal)	Protein per Slice (g)	Carbohydrate per Slice (g)	Sugar per Slice (g)	Fat per Slice (g)	Saturated Fat per Slice (g)	Salt per Slice (g)
Loaded Pepperoni Feast									
Small Classic	6	799	191	8.1	19.3	1.0	9.0	4.0	0.76
Small Classic (No Garlic Sprinkle)	6	796	190	8.1	19.2	1.0	9.0	4.0	0.74
Medium Classic	8	897	214	9.1	19.3	1.1	11.2	5.0	0.90
Medium Classic (No Garlic Sprinkle)	8	891	213	9.1	19.1	1.1	11.1	5.0	0.86
Large Classic	10	1036	247	10.6	22.4	1.5	12.8	5.8	1.04
Large Classic (No Garlic Sprinkle)	10	1028	245	10.5	22.2	1.5	12.7	5.8	0.99
Large Pan	10	1186	283	11.5	24.7	1.4	15.2	6.5	1.20
Large Stuffed Crust	10	1281	306	13.8	28.0	1.2	15.2	7.5	1.35
Large Nacho Cheese Flavoured Stuffed Crust	10	1281	306	13.8	28.0	1.3	15.2	7.4	1.35
Gluten Free	8	790	189	6.4	15.5	1.5	10.9	4.8	0.87
Beyond Beef Sizzler									
Small Classic	6	635	152	6.7	19.9	1.4	5.0	1.9	0.57
Small Classic (No Garlic Sprinkle)	6	633	151	6.7	19.8	1.4	5.0	1.9	0.55
Medium Classic	8	671	160	7.4	20.0	1.6	5.6	2.3	0.67
Medium Classic (No Garlic Sprinkle)	8	664	159	7.4	19.8	1.6	5.5	2.2	0.63
Large Classic	10	770	184	8.5	23.2	2.0	6.3	2.6	0.77
Large Classic (No Garlic Sprinkle)	10	762	182	8.5	23.0	2.0	6.3	2.6	0.71
Large Cheesy Pan Crust	10	947	226	9.8	25.5	1.7	9.3	3.5	0.95
Large Pan	10	922	220	9.3	25.5	1.7	8.9	3.2	0.92
Large Stuffed Crust	10	1019	243	11.7	28.8	1.7	8.8	4.3	1.07
Large Nacho Cheese Flavoured Stuffed Crust	10	1019	243	11.7	28.8	1.8	8.8	4.2	1.07
Gluten Free	8	594	142	4.8	17.5	2.0	5.5	2.1	0.66

NUTRITIONALS HANDBOOK



Name of Delivery Pizza	Number of Slices Per Pizza	Energy per Slice (kJ)	Energy per Slice (kcal)	Protein per Slice (g)	Carbohydrate per Slice (g)	Sugar per Slice (g)	Fat per Slice (g)	Saturated Fat per Slice (g)	Salt per Slice (g)
Beyond Italian Style Sausage Supreme									
Small Classic	6	678	162	7.3	19.9	1.3	5.9	2.3	0.53
Small Classic (No Garlic Sprinkle)	6	675	161	7.3	19.8	1.3	5.8	2.3	0.51
Medium Classic	8	708	169	7.9	19.9	1.4	6.4	2.6	0.60
Medium Classic (No Garlic Sprinkle)	8	702	167	7.9	19.7	1.4	6.3	2.6	0.56
Large Classic	10	820	196	9.3	23.1	1.8	7.3	3.1	0.71
Large Classic (No Garlic Sprinkle)	10	812	194	9.2	22.8	1.8	7.3	3.0	0.65
Large Pan	10	972	232	10.0	25.3	1.5	9.9	3.7	0.87
Large Cheesy Pan Crust	10	997	238	10.5	25.3	1.5	10.3	3.9	0.89
Large Stuffed Crust	10	1068	255	12.5	28.7	1.5	9.8	4.7	1.02
Large Nacho Cheese Flavoured Stuffed Crust	10	1068	255	12.5	28.7	1.6	9.8	4.6	1.02
Gluten Free	8	632	151	5.3	17.4	1.8	6.3	2.4	0.60
Beyond Three - Meat Supreme									
Small Classic	6	670	160	7.4	19.8	1.3	5.6	2.1	0.56
Small Classic (No Garlic Sprinkle)	6	667	159	7.4	19.7	1.3	5.6	2.1	0.54
Medium Classic	8	696	166	7.9	19.8	1.4	6.1	2.5	0.63
Medium Classic (No Garlic Sprinkle)	8	690	165	7.9	19.6	1.4	6.1	2.4	0.59
Large Classic	10	809	193	9.3	23.0	1.9	7.1	2.9	0.75
Large Classic (No Garlic Sprinkle)	10	801	191	9.2	22.8	1.9	7.0	2.9	0.69
Large Pan	10	961	229	10.0	25.3	1.5	9.6	3.5	0.90
Large Cheesy Pan Crust	10	985	235	10.5	25.3	1.5	10.0	3.8	0.93
Large Stuffed Crust	10	1057	252	12.5	28.6	1.5	9.5	4.6	1.05
Large Nacho Cheese Flavoured Stuffed Crust	10	1057	252	12.5	28.6	1.6	9.5	4.4	1.05
Gluten Free	8	620	148	5.3	17.3	1.8	6.0	2.3	0.62

NUTRITIONALS HANDBOOK



Name of Delivery Pizza	Number of Slices Per Pizza	Energy per Slice (kJ)	Energy per Slice (kcal)	Protein per Slice (g)	Carbohydrate per Slice (g)	Sugar per Slice (g)	Fat per Slice (g)	Saturated Fat per Slice (g)	Salt per Slice (g)
Beyond Pork and Sweet Chilli									
Small Classic	6	698	167	7.1	21.8	3.0	5.6	2.0	0.61
Small Classic (No Garlic Sprinkle)	6	695	166	7.1	21.7	3.0	5.6	2.0	0.59
Medium Classic	8	721	172	7.7	21.3	2.8	6.2	2.4	0.68
Medium Classic (No Garlic Sprinkle)	8	714	170	7.7	21.1	2.8	6.1	2.4	0.64
Large Classic	10	845	202	9.0	25.5	4.1	7.1	2.8	0.81
Large Classic (No Garlic Sprinkle)	10	836	200	8.9	25.2	4.1	7.0	2.8	0.75
Large Pan	10	996	238	9.7	27.7	3.7	9.6	3.4	0.96
Large Cheesy Pan Crust	10	1021	244	10.2	27.7	3.7	10.0	3.7	0.99
Large Stuffed Crust	10	1093	261	12.2	31.1	3.8	9.5	4.4	1.11
Large Nacho Cheese Flavoured Stuffed Crust	10	1093	261	12.2	31.1	3.9	9.5	4.3	1.11
Gluten Free	8	644	154	5.1	18.8	3.2	6.1	2.2	0.68

NUTRITIONALS HANDBOOK



Name of Product	Number of Portions per Serving	Energy per Portion (kJ)	Energy per portion (kcal)	Protein per Portion (g)	Carbohydrate per Portion (g)	Sugar per Portion (g)	Fat per Portion (g)	Saturated Fat per Portion (g)	Salt per Portion (g)
Sides									
Mixed Leaf Salad (Side Salad)	1	205	49	0.9	3.2	2.5	3.3	0.3	0.06
Garlic Bread	2	200	48	1.0	5.7	0.3	2.3	0.7	0.14
Potato Wedges	2	795	190	3.3	26.4	1.3	7.9	0.9	0.65
Doritos Cheesy Nachos	2	1223	292	8.0	28.1	3.1	18.1	4.6	1.29
Premium Sides									
Cheesy Garlic Bread	2	291	70	2.4	6.0	0.5	3.9	1.6	0.24
Mac n' Cheese	2	858	205	10.3	17.3	2.1	10.2	5.9	0.74
Cheese Triangles	2	968	231	9.6	14.4	0.8	15.0	6.4	1.78
Breaded Chicken Strips (5 Strips)	2	767	183	13.3	16.5	0.6	7.4	2.3	0.84
Hot 'N' Spicy Chicken Strips (8 Strips)	2	880	210	15.2	16.8	0.7	8.8	2.0	1.44
BBQ Chicken Wings (7 Wings)	2	927	221	21.1	6.0	3.9	12.5	3.0	1.75
Fajita Chicken Chunks	2	885	211	16.2	16.2	0.7	9.0	1.2	1.32
Loaded Chicken Fajita Doritos Nachos	2	676	161	7.2	16.3	3.0	9.4	2.4	1.16
Beyond Italian Style Sausage Tear & Share Topper	4	1435	342	16.6	38.2	1.5	13.7	6.2	1.33
Cheesy Garlic Tear & Share	4	1286	307	13.9	37.4	1.5	11.4	5.2	1.14
Delivery Dips									
BBQ	1	105	25	0.3	5.4	4.4	0.1	0.0	0.30
Garlic & Herb	1	446	106	0.4	1.9	1.0	10.8	1.0	0.20
Sour Cream & Chive	1	303	72	0.2	2.7	0.9	6.8	0.8	0.23
Sweet Chilli	1	214	51	0.1	11.8	11.1	0.3	0.0	0.32
Hot Sauce	1	73	17	0.1	2.6	1.6	0.4	0.1	0.31

NUTRITIONALS HANDBOOK



Name of Product	Number of Portions per Serving	Energy per Portion (kJ)	Energy per portion (kcal)	Protein per Portion (g)	Carbohydrate per Portion (g)	Sugar per Portion (g)	Fat per Portion (g)	Saturated Fat per Portion (g)	Salt per Portion (g)
Hot Desserts									
Warm Cookie Dough									
Caramel & White Chocolate Cookie Dough	2	1379	329	3.0	51.1	24.1	12.5	7.7	0.65
Chocolate Chip Cookie Dough	2	1406	336	3.7	46.1	24.4	14.7	8.6	0.63
Cadbury Chocolate & Caramel Cookie Dough	2	1437	343	3.2	43.3	24.9	17.2	8.1	0.19
Cold Desserts									
Pizza Hut Vanilla Ice Cream (Served with cookie dough)	2	216	52	0.8	5.9	5.0	2.8	1.7	0.05
Ben & Jerry's Ice Cream Chocolate Fudge Brownie									
Ben & Jerry's Ice Cream Cookie Dough									
Ben & Jerry's Blondie Brownie Core									
Ben & Jerry's Moo-phoria Chocolate Chip Cookie Dough									
Ben & Jerry's Cookie Dough Chunks									
Ben & Jerry's Chip Happens									
Magnum Double Salted Caramel Ice Cream									
Magnum Ruby Berries & Cream									
Refer to product label or - Ben & Jerry's www.benjerry.co.uk									
Refer to product label or - Magnum www.magnumicecream.com									